



MANAGEMENT OF COMMUNICABLE DISEASE BY RASAYANA THERAPY-A PUBLIC HEALTH TOOL.

Ayurveda

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ABSTRACT

Background: The principles of *Ayurveda* are explained not only to maintain health, but also aimed at the establishment of healthy as well as happy society. Among the eight branches of *Ayurveda*, *Rasayana* is a unique treatment form which can be used for curative and preventive aspect. India is going through a period of transition, both epidemiological and demographic. Due to low socio economical standard, poor hygienic conditions and population explosion, communicable diseases have become a serious threat to the society in most of the developing country. **Materials and methods:** *Rasayana* therapy is particularly helpful in management of such a disorder where immunity and infections are playing central role. Various terms like *Janapadodhamsa* (*Charaka*), *Maraka* (*Sushruta*) and *Janamara* (*Bhela*) have been used to describe the disease epidemic in *Ayurveda* and communicable diseases have been separately described as *Aupasargika Roga*. Various classification of *rasayana* has been told in *Ayurveda* classics mainly *Dravya bhuta rasayana* and *adravya bhuta (achara rasayana)* all being aimed to enhance the health at all its levels i.e., physical, mental, social, spiritual etc. **Results:** By proper following of *nidana parivarjana*, *santarpana apatarpana chikitsa*, *achara rasayana*, proper dietary habits as *asta vidha ahara visheshayana* and various *naimittika* and age specific *rasayana* we can ward off communicable disease. **Conclusion:** In order to achieve longevity along with the practising of *dinacharya*, *ritucharya*, *shodhana kramas*, need of administration of proper *rasayana chikitsa* in the is explained in this article.

KEYWORDS

Infections, Health, Ayurveda, Immunity, Longevity

INTRODUCTION:

Ayurveda is medical treatment that is practiced in various parts of the world from centuries ago. It is derived from the Sanskrit word 'ayur' means life and 'veda' means knowledge. *Ayurveda* is a traditional treatment of diseases by using natural plants and plants products and it has no side effects rather than chemical drugs. Infectious diseases are spreading very speedily in all over the world. Traditional health care system like *Ayurveda* is right choice to treat infectious diseases.¹

Public health is to made strong by preventing disease, prolonging life and promoting health through the organized efforts and informed choices of society, organizations, public and private communities and individuals. The public health intervention is to improve health and quality of life. It can be done through the prevention and treatment of diseases and other physical and mental health conditions, through surveillance of cases and health indicators, and through the promotion of healthy behaviours.

Infectious or communicable disease can be defined as an illness caused by another living agent, or its products, that can be spread from one person to another.² Infection is a kind of invasion of the body by pathogenic microorganisms leading to various diseases.

The concept of infectious disease has been mentioned as "*Aupasargika rogas*", i.e., diseases which are transmitted from person to person and *Janapadodhamsa* (epidemic) is a state of widespread outbreak of infectious disease wherein many people are infected at the same time.³ The spread often happens via air borne viruses or bacteria, but also through blood or other bodily fluids. It may also spread easily due to large population, crowd, unhygienic conditions and low immunological status of individual.

H1N1 Influenza, Ebola virus are the recent example of such diseases. Because of its contagious nature, a large number of individuals are getting infected at the same time thus creating great strain over public health. In present day scenario, sporadic infective respiratory disorders like *SARS*, *H Influenza* and recent pandemic of life threatening *COVID-19* have been haunting.

The factors contribute to infectious risk of communicable disease are low vaccination rates, poor nutrition, age (young and elderly), and immunosuppression. Overcrowding, poor regional design and hygiene due to poverty, dirty drinking water, rapid climate changes, and natural disasters, can lead to conditions that allow easier transmission of disease.⁴

Ayurveda, the ancient medical science has clearly described vastly

communicable diseases & their cause, mode of transmission, prevention as well as cure. *Charaka* explained causative factor for *Janapadodhamsa* as *dushita Vayu* (Air), *jala* (Water), *kala* (time), *desh* (region). *Sushruta* has already mentioned *aupsargikaroga* i.e., *Kustha* (Skin diseases), *jwara* (Fever) etc. & their mode of transmission. Prevention as well as cure of disease is goal of *Ayurveda*. Through maintenance of *Dinacharya*, *Ritucharya*, *Sadvritta*, person's physical and mental health prevention is secured. With the help of *Panchakarma*, *Aushadha*, & *Rasayana* these diseases can be cure.⁵

Rasayana chikitsa is a branch of *Ayurveda* which deals with rejuvenation and revitalization. It helps to improve physical, mental and moral qualities. It prevents old age, restores youthfulness, improves the complexion and the voice, increases the physical strength and immunity and it also strengthens the memory and intelligence, thereby leading to longevity. Enhancement of immunity plays an important role in maintaining optimum health and preventing communicable diseases.

Ayurveda's insights of preventive care are based on the concepts of *Dinacharya* (daily regimes) and *Ritucharya* (seasonal regimes). These help in maintaining health, immunity and longevity. *Panchakarma* (bio-purification) and *Rasayana* (immunomodulators) can be planned for people in the risk-prone areas to improve immunity and minimize the risk of infection

MATERIALS AND METHODS:

Concept of communicable disease as per modern

Communicable diseases remain a major public health threat worldwide as it constitutes a considerable proportion of the global burden of morbidity and mortality. A communicable disease is a disease that spreads from one person or animal to another. These diseases are caused by pathogens such as viruses, bacteria, and fungi.

Factors contributing communicable disease

The factors responsible for the spread of communicable diseases are referred to as epidemiological triad. Agent, host and environment forms the epidemiological triad. The risk factors for communicable diseases include lack of safe water, inadequate excreta disposal facilities, poor hygiene, poor living conditions and unsafe food.⁶

The risk of their outbreak is increased after disasters either natural like a flood and drought or man-made such as war, industrial accident and so on. It may also be due to faecal contamination of food and water or vector and zoonosis.

Mode of transmission of communicable disease

A person may develop a communicable disease after becoming infected by the pathogen.

This may happen through:

- direct contact with a person carrying the pathogen
- contact with contaminated fluids, such as blood, mucus, or saliva
- inhaling contaminated droplets from another person's cough or sneeze
- receiving a bite from an animal or insect carrying the pathogen
- consuming contaminated water or foods

The vitiation pattern of communicable disease

Once a pathogen has entered a person's body, it will begin replicating. The individual may then begin to experience symptoms. Some symptoms are a direct result of the pathogen damaging the body's cells. Others are due to the body's immune response to the infection. Communicable diseases are usually mild, and symptoms pass after a few days. However, some can be serious and potentially life threatening.

Preventative measures for control communicable disease

According to modern medical science infection control includes preventative measures such as hand washing, cleaning, disinfecting, sterilizing, and vaccinating.

Three main measures which are adopted for prevention or control of infectious disease are:

- 1) Controlling reservoir or source of infection
- 2) Interrupting routes of transmission
- 3) Immunizing the susceptible host.⁷

Concept of communicable disease as per ayurveda

Diseases may be *nija* (endogenous), *agantuja* (exogenous) and *manas* (mental). Communicable diseases come under *agantuja* category and their prevention includes avoidance of *prajnaparadha* (undesirable actions per formed despite their knowledge), self-control of *indriya* (sensory and motor control) and updation of memory through knowledge about *dosha* (*vata, pitta, kapha*), *kala* (time) and *atma* (related to self).

As per *Ayurveda* concept of *srotas* also play an important role in the pathogenesis of disease. *Rasayana* proved to be highly efficacious and cost effective for the prevention and control of viral infections when vaccines and standard therapies are lacking their efficacy for longer duration.⁸

Concept of rasayana⁹

Rasayana is the method of treatment by which the excellent form of *rasa* is maintained in the body. The purpose of *Rasayana* is to obtain strength, immunity, *ojas*, vitality, will power and determination and it also strengthen the senses. One of the results of *Rasayana* is *oja*, which is the factor responsible for *Vyadhikshamtava* (Immunity), so that people will not be suffered from any communicable diseases.

Various classification of *rasayana* has been told in *Ayurveda* classics all being aimed to enhance the health at all its levels i.e., physical, mental, social, spiritual etc.

PRAYOGA	PRAYOGANA	BHESHHAJA	SATMYA
VATATIPIKA This can be taken while performing day to day activities by all	KAMYA to promote the health of the healthy	DRAVYA BHUTA- Aushadha rasayana In the form of medicine	1.RITU SATMYA ADANA KALA VISARGA KALA
KUTIPRAVESHIKA Doing in <i>Tri-Garbha Kuti</i> by following some rules and regulation	PRANAKAMIYA Promotes the longevity and life span	Ahara rasayana In the form of milk, ghee etc	2.DESA SATMYA SADARAN A.DESHA JANGALA DESHA ANUPA DESHA
	MEDHAKAMIYA Improve mental faculties	Achra rasayana- rejuvenative life style	
	SRIKAMIYA Improves the beauty and lustre of the body	A). Which is of more on physical discipline	
	NAMITTIKA Rasayana give along with the treatment for special ailments	B) Social and mental discipline	
	AJASRIKA Daily intake of milk, ghee etc to promote body immunity	C)Spiritual discipline	

Benefits of Rasayana

From promotive treatment, one attains longevity, memory, intelligence, freedom from disorders, youthful age, excellence of lustre, complexion and voice, optimum strength of physique and sense organs, successful words, respectability and brilliance. *Rasayana* (promotive treatment) means the way for attaining excellent *rasa* (*dhatu*).¹⁰

The person using *Rasayana* in early ages lived for thousands of years unaffected by old ages, debility, illness. and death.¹¹

Srotas	Rasayana Or Herbs Having Specific Effects
<i>Pranavaha</i>	<i>Chyavanaprasha, Vardhamana Pippali</i>
<i>Udakavaha</i>	<i>Adraka, Musta, Ela</i>
<i>Annavaha</i>	<i>Maricha, Bhallataka, Haritaki</i>
<i>Rasavaha</i>	<i>Draksha, Shatavari, Dates</i>
<i>Raktavaha</i>	<i>Amalaki, Dhatri Lauha, Swarna Makshika, Bhringaraja</i>
<i>Mamsavaha</i>	<i>Masha, Aswagandha, Bala, Kupilu, Rajata Bhasma</i>
<i>Medovaha</i>	<i>Guggulu, Silajatu, Haritaki, Guduchi,</i>
<i>Asthivaha</i>	<i>Shukti Bhasma, Kukutanda Twak Bhasma, Vamsalochana</i>
<i>Majjavaha</i>	<i>Aswagandha, Shankhapushpi, Loha Bhasma</i>
<i>Shukravaha</i>	<i>Aswagandha, Kapikacchu, Sweta Musali, Shatavari, Vidarikanda, Swarna Bhasma, Ghrta, Go Dugdha</i>
<i>Mutravaha</i>	<i>Punarnava, Gokshura</i>
<i>Pureeshavaha</i>	<i>Kutaja, Vidanga, Triphala</i>
<i>Artavavaha</i>	<i>Ashoka, Lodhra, Satavari</i>
<i>Swedavaha</i>	<i>Tulasi, Kupilu</i>

RESULTS

When we go through the current scenario of covid -19, patients are affected by the disease both physically and mentally. For boosting immune system for prevention of Coronavirus *Amrutha prasha grita, dasamoolaharitaki lehyam, chyavana prasha, haridra khanda, Agasty Rasayana, Pippali Rasayana* are the best *Rasayana* working on *Pranvaha Srotas*. *Tribhuvankirtirasa, Laxmivilasrasi, Mahalakshmi Vilas rasi, Chitraka Haritaki, Eladivati, Talisadichurna, Sitopaladichurna, Kantakarighrita, Vasa ghrta* can be used due to their antipyretic, antiallergic, immunomodulatory, anti-inflammatory and analgesic properties.

The *rasayana* treatment giving to these patients should be strong enough to tackle the mental condition like stress, anxiety etc. Here comes the importance of *achara rasayana*. *Achra Rasayana* is a right code of socio-behavioural conduct which enhance social scenario as well as prevent majority of diseases affecting the body as well as the mind and hence lead a happy as well as healthy life.

By the proper following of *nidana parivarjana, santarpana apatarpana chikitsa, achara rasayana*, proper dietary habits as *asta vidha ahara visheshayana* and various *naimittika* and age specific *rasayana* and following *achara rasayana* we can ward off communicable disease.

7.DISCUSSION:

Infectious diseases are widely spread throughout the world. Large number of people are affected by these diseases. People want treat and prevent it with all aids. Even the national and international level aids are doing by government to eradicate this wide spread communicable disease. Vaccination and other allopathic medications are temporary preventive measures only.

The holistic approach of *Ayurveda* gives the best result in this condition, since it treat person physically, mentally and spiritually. *Shodhana chikitsa* and *rasayana* therapy had proved its efficiency in the treatment of communicable disease.

Use of *Medhya* and *Balya Rasayana* therapy for the prevention of recurrence in recovered patients and *Sodhana* and *Rasayana* therapy along with *achara rasayana palana* as can be explored to help restore the original state.

Following the *Ritucharya, Dinacharya* and *achara rasayana* helps in preventing the disease. Under *achara rasayana* mentioned all those measures to control source of infection, interrupt routes of transmission and immunize the host so that communicable disease can be prevented.

8.CONCLUSION:

The best practical approach is to keep body healthy by *rasayana sevana* or abstain from causative factors that which triggers the *dosha* vitiation in the body.

The clinical picture of epidemic disease will not vary from person to person because of the common factors involved. But the intensity of symptoms varies according to the immunity of the person. So, it is highly recommended to follow healthy regimens and *rasayana* preparations to improve immunity.

Rasayana chikitsa aims for longevity, maintenance of positive health, the improvement in mental faculties like intelligence, presurance and memory and resistance to disease.

Rasayana is the most unique treatment can be introduced to common people by considering their physical mental, spiritual well-being; which include single and compound herbal preparations, *rasoushadhis*, proper food schedule and lifestyle along with self-discipline with social etiquette to achieve delaying process of ageing, prolongation of life and curing the disease

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